

Great Lakes



Bulletin

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Your Navy Starts Here

July 21, 2006

NIDBR holds change of command today

By JUDY R. LAZARUS
Bulletin Associate Editor

Capt. A. Dale Ehrlich will relieve Capt. Stanton E. Cope as commanding officer of the Naval Institute for Dental and Biomedical Research (NIDBR) at a change of command ceremony today at 1:30 p.m. at Hospital Corps School. Ehrlich came to NIDBR as technical director in 2003.

Cope's next duty assignment is as Research Liaison Officer, Armed Forces Pest Management Board, Washington, D.C. He served as executive officer of NIDBR from 2001 to 2004, at which time he became commanding officer.

The captain received a commission in 1988 after graduating with a bachelor's degree in biology, a master's degree in entomology, and a doctorate in public health. His first assignment was to the Navy Disease Vector Ecology and Control Center, Jacksonville, Fla., where he was in charge of the Operations Department.

Cope served as head, Medical Zoology Division and head, Risk Assessment Branch at Naval Medical Research Unit No. 3, Cairo, Egypt, from June 1992 to July 1994. He then reported to the Navy Environmental and Preventive Medicine Unit No. 6, Pearl Harbor, Hawaii as assistant head, Department of Entomology, where he was put in charge a year later. At this time he also served as special assistant to the officer in charge for oper-

ational issues.

The captain reported to the Navy Environmental Health Center in Norfolk, Va., as entomology department head, in 1997. Three years later he was selected to be executive assistant to the assistant chief for Operational Medicine and Fleet Support, Bureau of Medicine and Surgery, Washington, D.C.

Cope's military awards include the Meritorious Service Medal, Navy and Marine Corps Commendation Medal, Joint Service Achievement Medal, and the Navy and Marine Corps Achievement Medal.

"Being in command of NIDBR has been a rewarding experience, and I think there are three main reasons for this," Cope said. "First, NIDBR has a uniquely remarkable staff that is highly skilled in numerous disciplines. Second, we have stayed focused on the mission of conducting research that is scientifically sound, militarily relevant, and designed to produce products to help the warfighter. This is a simple formula, but it works.

"Third, Navy medicine is a global business so Navy medical and dental research must be as well. I am proud to say that in the past few years, NIDBR personnel have worked in 18 foreign countries on every continent except Antarctica."

Before coming to Great Lakes, Ehrlich, a Wyoming native, was assigned to the Naval Postgraduate Dental School (NPDS) in Bethesda, Md., and was co-founder of the



Ehrlich



Cope

first DoD Orofacial Pain Center and first DoD Orofacial Pain Residency program.

The captain enlisted in the U.S. Air Force in 1967, left the service in 1971, and was commissioned in the Navy in 1975.

"I am very pleased with the research the staff at the Naval Institute for Dental and

Biomedical Research has accomplished during my tenure as technical director, and look forward to continued success," Ehrlich said. "My focus as the new commanding officer will be to continue research that is militarily relevant and supports the warfighter."

Community service

AM1(AW) Anthony Yarbrough cleans the stairway at the Great Lakes Metra station with a pressure washer on Wednesday. Thirty Battle Stations facilitators from Recruit Training Command joined in the two-hour effort to clean up the station, removing litter and natural debris from the grounds. The cleanup was coordinated with the city of North Chicago. Photo by FC2(SW) Jason Mosher



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Now hear this!

A job fair and jobseeker workshops are being hosted at the North Chicago VA Medical Center. See page two for the details.

'Do you have a will?'

NAVSTA legal explains why you need one.

SEE PAGE 3

Find out what's happening at Great Lakes!

Visit the Great Lakes official websites at www.nsgreatlakes.navy.mil and www.nstc.navy.mil

TSC DAPA encourages the 'Right Spirit' at TSC

New streamer creates competition for an alcohol- and drug-free environment

By **EVA KOWALSKI**
Training Support Center

The Drug and Alcohol Prevention Advisors (DAPA) office at Training Support Center (TSC), Great Lakes has introduced a new streamer to join the flag incentive system, which was launched in support of the Apprentice Military Environment (AME) program last year.

Month after month, Bachelor Enlisted Quarters (BEQ)/Ships at TSC compete for one of ten flags awarded for excellence in the AME program. Flags are awarded for academics, community service, athletics, esprit de corps and military standards. Some flags come in duplicates; others are awarded singularly such as the Ship of the Month and Ship of the Quarter flags.

The new "Right Spirit" streamer, which can be awarded to as many Ships as qualify each month, promotes a drug- and alcohol-free environment among students.

"For any given month, Ships will accumulate points for any incidences; the Ships

that have accumulated zero points are awarded the streamer," said DCCS (SW) Javier Gomez, TSC Command DAPA.

"This initiative is about being accountable and responsible to yourself and your shipmates," he emphasized.

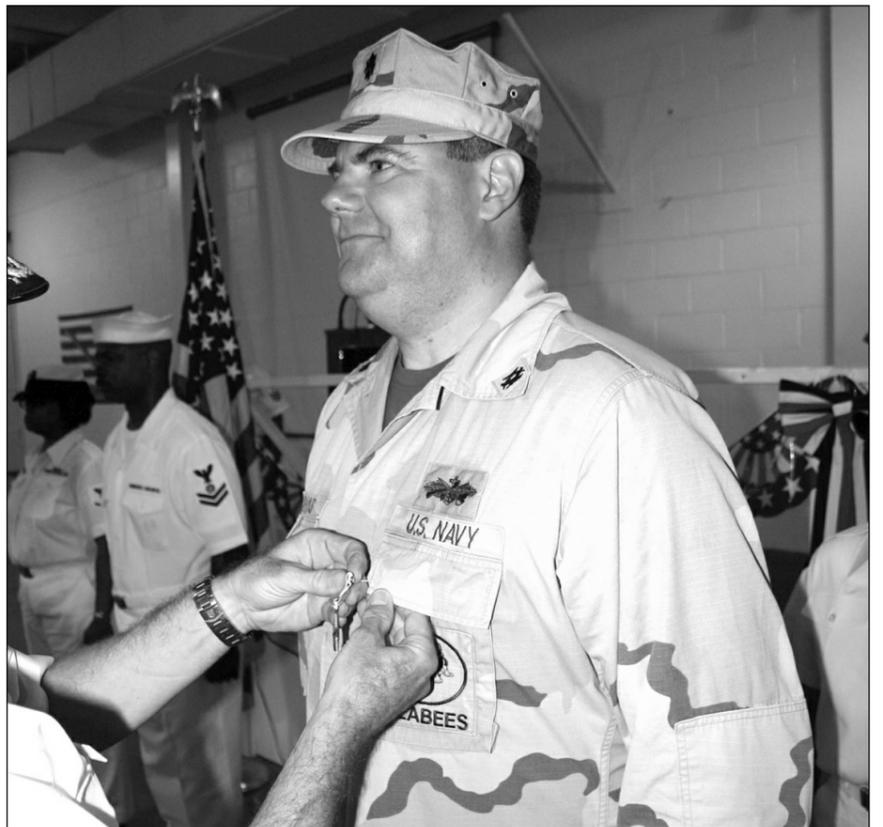
The streamer displays the words "esprit de corps" against a red, white and blue backdrop, resembling the national flag.

The Right Spirit program is a Navy-wide campaign, initiated by the Secretary of the Navy in 1995. The purpose of the campaign is to enhance fleet readiness by reducing alcohol-related incidences and to provide a safe and productive working environment.

Each command is at its own discretion to implement and promote the program as it sees fit. At TSC, the majority of Sailors are students who are bound by a no drug and no alcohol stipulation.

According to Gomez, introducing the streamer is an effective way of enforcing the rules.

"It creates awareness and competition among the Ships to do the right thing," he said.



Bronze Star awardee

Navy Seabee Cmdr. Mark R. Jenkins, a reserve Civil Engineering Corps officer, is awarded the Bronze Star on July 15 at Navy Operational Support Center (NOSC) Forest Park. Jenkins, of Chicago, was recognized for exceptional meritorious performance in support of Operation Iraqi Freedom as Deputy District Engineer for the U.S. Army Corps of Engineers (USACE) from July 11, 2005, to Feb. 11, 2006. Normally assigned to Naval Mobile Construction Battalion TWO FIVE in Forest Park, Jenkins was the first Navy CEC officer to assume the Deputy Director role and served during protracted combat operations. In his civilian capacity, Jenkins is an engineer with the Illinois Department of Transportation. He has been selected for promotion to Captain. *U.S. Navy photo by MC3 Todd Stafford.*

Job fair, three jobseeker workshops coming to NCVAMC

The Vocational Rehabilitation Unit (VRU) of North Chicago VA Medical Center and the Great Lakes Navy Transitional Assistant Program (TAP)/Fleet & Family Support Center are hosting Eighth Annual Job Fair Jobseekers Workshops, Tuesday, Aug. 15, in Bldg. 134, Room C-116 at the North Chicago VA Medical Center.

These workshops are open to active duty, retired, guard/reserve personnel, eligible dependents, and veterans with an honorable discharge. Attendees must have a valid DoD identification card and/or a copy of your DD Form 214 for admission or to receive assistance.

In addition, attendees will receive a formal invitation to participate in the Joint VA/Navy Job Fair scheduled for Wednesday, Aug. 23 at 10 a.m. to 1 p.m.

There are three workshops scheduled: resume writing, navigating the job fair and dressing for success, and what do employers really want.

Resume writing workshop is from 12:30 to 1:30 p.m. and will show the attendee how to draw employers in, impress them with your

experience, and stand out above the rest. This workshop will identify the appropriate resume formats and content and teach how to hear and learn how to develop an eye-catching cover letter and an effective, marketable resume.

The navigating the job fair/dress for success workshop will show how to dress, how to make a good first impression, how to research companies online, what questions to ask, how to follow-up and more. It is scheduled from 1:45 to 2:45 p.m.

The what-do-employers-really-want workshop will answer questions such as, "Are you the ideal candidate for a job?" "Do you have experience?" "Good communication skills?" It will detail what must you show to let the employer know that you can move right in and get the job done. A panel of experts will identify the essential characteristics that employers are looking for. Time for this workshop is 3 to 4 p.m.

Finally, a resume review will be conducted in Room C108 from 12:30 to 3:45 p.m.

For more information contact Lee Parker, North Chicago VA Medical Center, at (224) 610-3591.

Rear Adm. (sel.) Lotring to NSTC/NRMW commander

WASHINGTON (NNS) — Chief of Naval Operations Adm. Mike Mullen announced July 17 that Rear Adm. (lower half) (sel.) Arnold O. Lotring Jr. is being assigned as commander, Navy Region Midwest/Commander, Naval Service Training Command, Great Lakes, Ill.

Lotring is currently serving as commanding officer, Center for Submarine Learning Center, Groton, Conn.

Lotring is a native of Norwich, Conn. and attended the College of the Holy Cross.

Following nuclear power training, Lotring reported to USS George C. Marshall (SSBN 654) where he served as Communications Officer and Main Propulsion Assistant. He then transferred to USS Providence (SSN 719) and served as Reactor Controls Assistant and Sonar Officer. Following this assignment, he reported to Commander, Submarine Development Squadron Twelve, where he worked on tactical systems development

projects.

After graduation from Submarine Officer Advance Course, he was assigned as Navigator/Operations Officer for USS Pittsburgh (SSN 720), during which he completed two North Atlantic and one Mediterranean deployments. Lotring was then assigned as the Executive Officer of USS Annapolis (SSN 760). His next assignment was as policy briefer on the staff of United States Strategic Command, Omaha, Neb.

Lotring was next selected as Commanding Officer, USS Minneapolis-St. Paul (SSN 708) in Norfolk, Va. During this tour, he completed two North Atlantic deployments. Under his leadership, Minneapolis-St. Paul, earned the Commander, Submarine Squadron Six Battle Efficiency "E".

Upon completion of this assignment, he reported to Commander, Submarine Force Atlantic as the submarine prospective commanding officer instructor.

Great Lakes Bulletin

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Rear Adm. Gary R. JonesCommander
Capt. R.J. PosteraCommanding Officer
Lt. Cmdr. Melissa SchuermannPublic Affairs Officer
Paul EngstromManaging Editor

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North Chicago to hold Community Day Aug. 5

By **JUDY R. LAZARUS**
Bulletin Associate Editor

Food, sports, music, and fun will be featured at North Chicago's Inaugural Community Day on Aug. 5.

The event, hosted by the City of North Chicago, in junction with School District 187 and Foss Park District, will begin with a parade at 9 a.m. and end with fireworks viewed from the park district lawn at 9 p.m. The day's activities will take place in the 1700 and 1800 blocks of Lewis Avenue.

Platinum sponsors are Abbott Fund and AT&T while other major sponsors include First Midwest Bank, Air Con Refrigeration and Heating and American Family Insurance.

Volunteers are needed, noted Coordinator Tameka Wilson. "We're reaching out to military personnel, local civilian groups, and churches for volunteers," she said. Navy personnel willing to assist are asked to e-mail MAC Ricardo Cerna at Ricardo.Cerna@navy.mil.

Music, by local groups, including a 7 p.m. jazz concert on the lawn, will take place throughout the day. Special events will feature a performance by the Jesse White Tumblers, car and motorcycle shows, 3-on-3 basketball for 9- to 16-year-olds, a soccer tournament open to members of the Northern Lake County Soccer Association, and a college and career fair.

Food will be for sale by local merchants. For further information, call Wilson at (847) 662-1900.

Wills: what they can do and why you need one

By **LT. SCOTT SHEFFLER**
NLSO NC Det. Great Lakes

Most servicemembers have a will prepared at some point in their career, often just before going on deployment.

There is much to consider when drafting a will, and I will attempt to cover some of the basics here. First and foremost, a will is a document that allows you to indicate who you want your stuff to go to when you die.

It can do a few other things that I won't get into here, but that is the primary function. It is important to note that some of your belongings would be covered by your will at death, and some would not.

Mostly, whether a will causes a specific thing to pass from yourself to someone else is determined based on how you own it.

If you own it all by yourself (as opposed to jointly), it will most likely pass under your will. The one tricky exception to this rule is a life insurance policy.

Don't consider life insurance to be a belonging, but rather consider it a contract for an insurance company to pay someone when you die.

Because it is not a belonging, a will does not cause it to pass.

Rather, the money guaranteed in the contract will go to whomever you have designated in the contract.

For your SGLI, this contract is your SGLI beneficiary form on file at PSD. Aside from insurance we can pretty easily apply the rule above — if you own it all by yourself, it passes under your will; if there is joint ownership, it probably won't pass under your will.

Jointly held bank accounts and jointly owned real estate are two things people often own, but do not realize will not be covered by their will. Jointly held bank accounts often do not pass under a will.

This is not to say they never do though; it depends on what your contract with the bank says.

If you have a jointly owned account, contact your bank and ask them. Jointly owned real estate almost never passes under a will.

Nonetheless, it is important to check the language on the deed and see how the property is held.

If you make an appointment at your local Naval Legal Service Office and bring your deed, an attorney should be able to advise you on whether the real estate would pass under a will. The next thing to consider is how your property passes when it does pass under a will.

When making a will, you can designate specific beneficiaries to receive specific items.

After doing so (or not doing so), everything that remains will be lumped into one pot, called the "residuary estate" and given that way.

That residuary estate can be given to one or more people.

Further, you can designate alternate beneficiaries in case you first choice (or choices if multiple people receiving shares) for who would receive it dies before you. Also, how the legal system makes sure all of this practically gets done is very important aspect of your will.

In your will, you will designate one or more people to be your Executor.

It is the job of the executor to carry out your will.

He or she will take the will to the courthouse when you die and begin the probate proceeding; he or she will account for all of your assets; and he or she will be responsible for getting those assets to the beneficiaries you designated under the will. Your Executor is bound by a "fiduciary duty" to you. A fiduciary duty is a legal duty of utmost good faith.

Essentially, it is a duty which can be the

basis of a lawsuit if it is violated, the standard in most states being "utmost good faith" or something similar.

Typically, the people who would enforce it, you being dead, are the beneficiaries under the will.

What this all boils down to is: If your executor steals or squanders the money in the will, the beneficiaries can sue him. Your will can be used to do other things as well, such as indicating who you would want to care for your children if you died while they are still under 18.

A will can also have provisions to put money into a trust for minors, and can even have that trust funded by your SGLI policy (involving changes to your insurance contract as well, as noted above). I recommend you take the time to properly consider your will.

Many Servicemembers hurriedly draft their wills just before deploying, and don't take time to carefully consider what they want.

If you start the process early, you will be more prepared if something bad happens. For more information on wills and related services, please contact the local Naval Legal Service Office at 847-688-4753, ext. 110 or 111.

USS Boston Memorial service

Barry Wilson of Norwich Conn., throws a memorial wreath honoring deceased members of the USS Boston Shipmates reunion group into the waters of the Great Lakes marina July 14. The service was conducted by Navy chaplain Lt. Cmdr. Will Everett with Echo Taps being performed by MU3 Courtney Harris and MU3 Jeffrey Hotz, of Navy Band Great Lakes. Some 300 members attended the reunion who also watched graduation at RTC and lunched at the Port O' Call. Photo by Paul Engstrom



North Chicago VA Medical Center hosts 3rd annual car show

By **DOUG SHOUSE**
NCHVAMC

The North Chicago VA Medical Center (NCHVAMC) held its 3rd Annual Car Show for Veterans on Saturday, July 8.

The sun shined all day for veterans and employees to take in the 89 vehicles spanning nine full decades of rides from 28 manufacturers and six countries around the world.

The oldest entry was Waukegan Fire Department's 1921 Stutz fire engine, with the newest being a modified 2005 Corvette Z06. The various clubs in the area took

time out of their busy schedules to participate including the United States Marines of Marine Air Control Group 48 who displayed a Humvee and an enormous seven-ton tactical vehicle.

All the vehicles were stunning and mixed together blending the various years and styles. The vast array went on and on throughout the parking lots.

Five staff from North Chicago VA brought in cars for the show.

Grant Evert from facility support brought his 1923 Model T Roadster.

Dr. Mary Lange-Alberts, leader of skilled geriatrics/intensive medicine

brought her 2002 Harley Davidson "Trike."

Cathy McBride of patient administration and her father Michael McBride brought a 1933 Ford Vickey.

John Manczko from the associate directors office and his wife Penny Manczko, drove their 2005 Ford Mustang GT Convertible.

Haley McLaughlin of patient/nursing services, who created and coordinates the car show, and her mother Paulette McLaughlin brought their 1962 Ferrari 250 GTO-R and 2002 Chevy Monte Carlo SS Dale Earnhardt "Intimidator" respec-

tively.

Dave Warstler of the special education district of Lake County (SEDOL) program brought his 1987 Formula Firebird.

Donations were made from Jewel Foods, Kosco Flags, Coca Cola, Jelly Belly Candies, Ocean Spray, the B.P.O. Elks, The McLaughlin family, Roy Ozark and the Volo Auto Museum.

At the end of the day the Director's Choice Award, and the first, second and third place Veterans Choice awards were presented as well. Many thanks goes also to the staff of recreation therapy, community affairs, and nursing service.



Visitors to the 3rd Annual Car Show for veterans had the opportunity to view Paulette McLaughlin's 1962 Ferrari 250 GTO-R as well as a modified 2005 Corvette Z06.



There were 89 vehicles spanning nine full decades of rides from 28 manufacturers and six countries around the world at the car show held July 8 at the North Chicago Veterans Affairs Medical Center.

Cancer is no match for RTC boatswain's mate

By MC1(AW/SW) V.K. SCHAEFER

In May 2001, BM1(SW) David Roach from New Haven, Conn. was on his third deployment on the USS Portland (LSD 37), in the Persian Gulf launching Marines to Iraq. He was about to get his smallpox shot when the doctor noticed a lump in his neck just below his Adam's apple. The Navy sent him to Portsmouth Hospital in Virginia. After two-and-a-half months of testing, the 24-year-old Roach was told he had thyroid cancer.

The thyroid is a gland in the neck that produces hormones that affect heart rate, body temperature, energy level and also help control the level of calcium in the blood. No one knows the exact causes of thyroid cancer. Research has shown that people with certain risk factors are more likely than others to develop thyroid cancer. The cause for this cancer is undetermined.

Roach found out he would need surgery to remove the cancer. His command at Amphib Group 2 was very supportive and instrumental in getting him a timely appointment for surgery. It was on April 1, 2001.

Because of his condition, Roach was asked if he wanted to be medically discharged. He replied, "I love the Navy. It is the first thing I could call my own."

He refused the offer.

He had to undergo chemotherapy and still receives radioactive iodine (I-131) therapy also known as radioiodine therapy. This therapy, often taken in pill form, is used to destroy thyroid cancer cells anywhere in the body.

His condition doesn't affect him in doing his job. The proof is in the 11 divisions he

has successfully graduated as a recruit division commander at RTC, Great Lakes. He believes that he has something to teach that might help keep them alive one day. "I come to work with a smile even if it's 3 or 4 o'clock in the morning. I still have fun every time," said Roach.

While on his hold job, Roach took the time to visit a children's hospital in Chicago. "It's an eye opener," Roach said. "Some of those kids are so sick. I'm sick but I will never be anywhere near as sick as some of them. We share something."

Roach enjoyed answering questions, telling sea stories and describing the different ports he's been to. He even persuaded other Sailors to join him in his visits.

Although it's been a long road for Roach he has received an abundance of support from current and previous commands.

Roach already had orders to become a RDC. Due to his diagnosis, his orders were cancelled prior to his transfer. Roach told them that he still wanted to go. Amphib Group 2 gave their full backing in making sure he got here.

"The biggest thing that drives me is when people tell me 'no.' That makes me want it more," said Roach.

Prior to his illness, Roach admitted the quality of his work needed improvement. A few years back a fellow shipmate told him he would never make it in the Navy. Taking the challenge he won Junior Sailor of the Year 2005 for RTC. Roach related his situation as a "double-edged sword."

Roach's ultimate goal is to make chief petty officer, to succeed and to make his mom proud. Roach wanted to thank his shipmates for all their support especially BMC Jason Ogle whom he has worked with in the past.



BM1(SW) David Roach hasn't let thyroid cancer from performing his job as a recruit division commander. He has successfully graduated 11 divisions at RTC Great Lakes. Photo by MC1(AW/SW) V.K. Schaefer

EXCEPTIONAL
SERVICE IS
OUR STANDARD
FOREST CITY RESIDENTIAL

Forest City Residential hosts block party

Forest City Residential hosts block party for military families that live in base housing.

The event will feature food provided by Schwanns. School supplies will be given out on a first, come first serve basis. Book Bags filled with school supplies will also be raffled off.

The two-day event will take place for Great Lakes on Wednesday, July 26 from 4

p.m. to 8 p.m. in the park in Nimitz Village.

Glenview residents will party Thursday, July 27 from 4 p.m. to 8 p.m. behind the neighborhood office.

Fort Sheridan Residents are welcome to attend either event.

Forest City would like to see all of its residents come and participate in the festivities as we build our communities from the inside out.

Local MWR supports USNS Mercy

By NAVAL STATION MWR

Early in May, Commander, Navy Installations Command (CNIC) MWR Division contacted the local MWR officials at Naval Station to request the services of MWR's special projects coordinator Lisa Busse.

Busse's name came up when the USNS Mercy submitted a request for the first-ever afloat recreation specialist, to be assigned to a hospital ship. Given only days to make a decision, Busse agreed to go TAD on a five-month deployment with the ship as they travel to four Asia-Pacific countries. The Mercy is embarked on a humanitarian assistance mission to the Philippines, Indonesia, Bangladesh and East Timor and will be returning to San Diego this fall.

Busse is providing MWR support to the 700 members of the crew which is comprised of both active duty military and civilians. Specifically, she will be coordinating on-board and ashore activities, entertainment, providing recreational gear, fitness equipment and supplies along with boosting the morale of the hardworking crew throughout the deployment.

Although being on-board ship is a new experience for her, Busse had been coordinating MWR's partnership with Training Support Center (TSC) at Great Lakes. This required her to help plan and implement teambuilding/sports activities for approximately 400-500 students every Monday through Thursday. Over the past nine months thousands of TSC students participated in events coordinated by her and members of the TSC sports committee. This included the very successful Ultimate Command Challenge, a month long command Olympic style program.



Lisa Busse of Naval Station Great Lakes MWR volunteered to serve five months aboard hospital ship USNS Mercy

"It is tough to lose Lisa for five months but it was a great opportunity for her and obviously she's going to help support an important humanitarian mission," said John Prue, her immediate supervisor and recreation director for MWR. "Everyone on our MWR team as Naval Station has pulled together to ensure Lisa's duties are covered while she is deployed. In some ways, we all feel like we are contributing to the Mercy's mission as well," he added.

MWR has a multitude of civilian afloat recreation specialist which are more commonly called the "Fun Boss" throughout the Navy's Fleet. From general recreation to fitness and sports, those MWR professionals try to make life onboard ship ... "normal."

Disabled American veterans donates van to VA

John Kligis (left to right) and Frank Richards of the Disabled American Veterans (D.A.V.) Stars & Stripes Chapter 83, hands over the keys of a new seven-passenger Ford E-350 Super Duty XL Club Wagon to Patrick Sullivan, director of the North Chicago Veterans Affairs Medical Center. They raised the entire \$18,807 by selling forget-me-nots flowers one by one for a dollar each. This is the third van that Chapter 83 has donated. The van will be used to help transport veterans who live in the local communities to and from their medical appointments. "Many thanks to D.A.V. 83 for all the hard work and long hours and all done on behalf of veterans," said Sullivan. Photo courtesy of the NCVAMC.



Viewpoint

Readers Speak Out

This week the *Bulletin* asks its readers, “If you could play an instrument at a professional level, what instrument would it be and why?”



“I would play the recorder in a Celtic group. Still be famous and make money, but not have the ‘rock style’ pushed on me.”
FC2(SW) Jason J. Mosher



“The piano, because it is so grand, very sleek and professional!”

MM3 Stephanie Valence



“I would like to play the piano, because it would afford me the opportunity to play with an orchestra and also be a solo with orchestral accompaniment!”

Kate Swisher



“I would like to play the piano, because all eyes would be on me!”

ENFR Amy Bucket



“I have been playing the trumpet for the past seven years. I was influenced by Miles Davis when I first saw him play when I was in fourth grade!”

RP Robert Parat



“The piano, because it stands by itself and engulfs any instrument to make beautiful music!”

ENC Walter Gilyard

WHAT happened WHEN

A look back at historic Great Lakes

40 years ago

Singing group entertains

“Sing Out ‘66,” a touring group of 150 entertainers will present their “Up With People” program at Great Lakes July 17-18. The cast of college and high school students will present their repertoire of patriotic songs in two performances. July 17 they will appear on Ross Field at 2 p.m., and the following day they will give a performance in Ross Auditorium at 7 p.m.

20 years ago

‘Traveling Playground’ presented

Recreational Services and the Family Activities branch present the “Traveling Playground,” one answer to your child’s “What can I do today?” question. The Traveling Playground is a program of activities scheduled from June 16 to August 15 and is located at two playground sites in the housing community. The program rotates between the two sites on a daily basis.

30 years ago

Relocating post office

Plans to relocate the post office from Bldg. 43 into Bldg. 112 are now being undertaken. The staff civil engineering office cites more room, a more central location, and the provision of better patronage parking as reasons for the move. Postal service and the postal division will be provided with more updated facilities in the new location than in Bldg. 43.

10 years ago

Promoting healthy lifestyles

Great Lakes Naval Hospital representatives said recently that “promoting healthy lifestyles is the theme of their health promotion program.” In keeping with this theme, a series of short noon walks and lectures have been planned for this summer to promote health and fitness. All walks will begin and end at the Naval Hospital and all are open to active duty.

Great Lakes Tyke

Name: Wake Caldero

Age: 5

I live with: Dad, mom, and brother (Will)

My pets are: I have a fish and my brother has a snake

I help around the house by: I clean my room

My favorite book is: Very Hungry Caterpillar

My favorite cartoon is: SpongeBob

My favorite food is: Ravioli

My favorite toy or game is: Spiro - A dragon game

My favorite color is: Blue and red and green

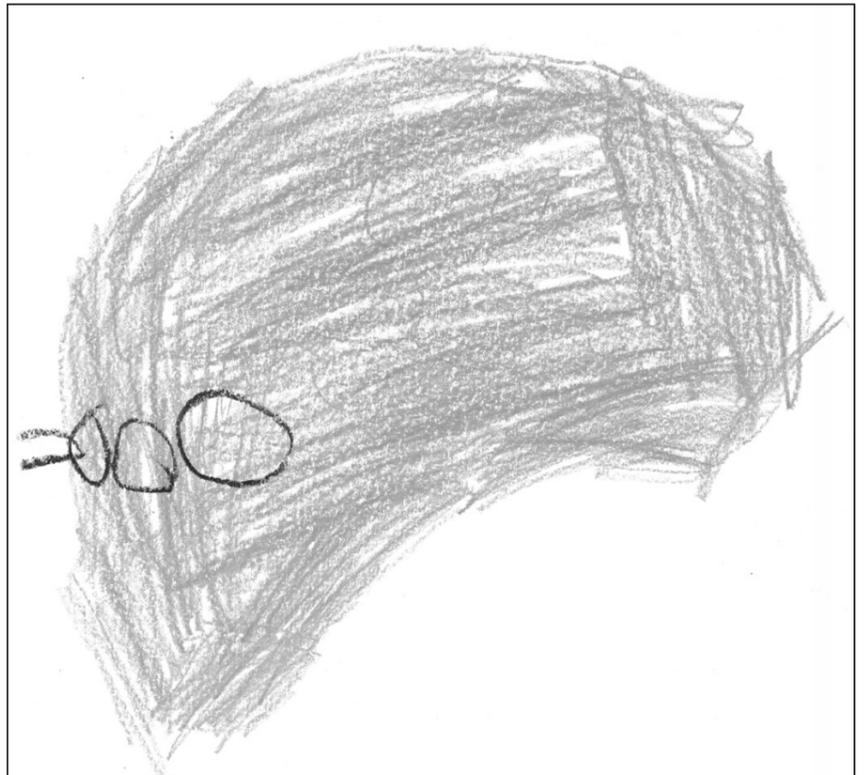
My favorite thing to do is: Watch TV

When I grow up I want to be: A doctor

My picture is of: A leaf for the caterpillar



Wake Caldero



Information, Tickets & Travel

Building 400, 688-3537

Information, Tickets and Travel (ITT)
Bldg. 400, 688-3537
Hours of Operation
Mon.-Fri.: 10:00 a.m.-5:00 p.m.
Sat.: 10 a.m.-Noon
Sun. & Holidays: Closed

Apple Vacations early booking sale

The MWR-ITT Travel Desk is holding an Apple Vacations Early Booking Sale through today. Save up to \$200 per couple on select air/hotel/transfer bookings from Chicago to some of the finest resorts in Mexico and the Caribbean. Looking for a quick getaway this summer? How about three nights in Cancun staying at the NH Krystal Cancun from only \$399.99 per person. Call Fox World Travel at the MWR-ITT Travel Desk at 877-805-9157 for more information, or stop by the ITT office, Bldg. 400 (NEX Student Store) on Mondays or Wednesdays from 10 a.m. - 5 p.m. An experienced travel specialist will be on hand to handle all your personal, leave and vacation travel needs!

Bristol Renaissance Faire

The Bristol Renaissance Faire is a magical, theatrical re-creation of a 16th century English village, celebrating the food, games, crafts, music and sport of the Elizabethan age. Hundreds of costumed performers offer continuous entertainment on 16 open-air stages and in the shaded village streets. This merry stroll through history is unparalleled fun for the whole family. The Faire runs on Saturdays and Sundays throughout the summer in Bristol, Wis. Through Sept. 5 (Labor Day-Monday), 10 a.m.- 7 p.m. ITT ticket costs are as follows: \$18 for adults and \$9 for children.

Six Flags Great America/Hurricane Harbor Waterpark

Purchase your daily and season passes for Six Flags Great America, which includes the new Hurricane Harbor Waterpark at the ITT Office: Admission: \$38 - Adults \$36.25 - Children (under 54 inches) Two-Day Pass - \$55 Season Pass - \$90 per person.

Ramada-Waukegan offers a special \$79

The Ramada-Waukegan, located at 200 N. Green Bay Road, offers all Great Lakes Naval Training staff, recruits and families a special \$79.00 rate.

Six Flags packages are also available with discounted tickets to the park, hot breakfasts and overnight stays included.

Enjoy our variety of amenities: Indoor pool, hot tub, sauna, gift shop, exercise room, restaurant and lounge.

Please call (847) 244-2400 to book your next overnight stay at the Ramada-Waukegan.

Military Ticket Vouchers (MTV)

Through the Military Ticket Vouchers (MTV) program, ITT Offices can provide their customers discounted pre-paid admission to theatres, theme parks, museums and other attractions throughout North American.

Military Ticket Vouchers can also be used to save significantly on the cost of lodging reservations at hotels and resorts throughout the U.S. Call today to for a list of attractions at 688-3537.

Chicago Cubs

Please have your ID ready - when you come in to purchase tickets. All August tickets cost \$52 each.

August Game Schedule:

Sat., August 5; TBD vs PIT
Sun., August 6; 1:20 p.m. vs PIT
Sat., August 19; TBD vs STL
Sun., August 20; 1:20 p.m. vs STL
Tues., August 21; 7:05 p.m. vs PHI
Wed., August 22; 7:05 p.m. vs PHI
Thur., August 23; 7:05 p.m. vs PH
Restrictions: Limit 2 tickets per person, 1 game per month.

There is absolutely zero tolerance in the resale of ITT's tickets.

When you purchase your ticket and sign your name to it, you are bound to that agreement.

See posted signage for details.

Special Military Discounts on Travel

Did you know the MWR-ITT Travel Desk offers special Military Discounts for outbound travel or for those visiting Great Lakes? That's right. We have discounts on airline tickets, reduced Military rates for Exodus Travel, and outstanding rates for vacation travel with all major tour and cruise operators - prices better than those found on the Internet! Call Fox World Travel at the MWR-ITT Travel Desk at 877-805-9157, or stop by the ITT office, Bldg. 400 (NEX Student Store) on Mondays or Wednesdays from 10 a.m. - 5 p.m. An experienced travel specialist will be on hand to handle all your personal, leave and vacation travel needs!

Noah's Ark - America's Largest Waterpark

Residing on 70 acres in the heart of Wisconsin Dells, Noah's Ark, America's Largest Waterpark, boasts 41 waterslides, two huge wave pools, two endless rivers, four children's water play areas, Paradise Lagoon activity pool, two group amusement rides, 18-hole mini golf, three arcades, shopping, gourmet desserts and much more! Noah's Ark is continually evolving, offering the most variety of water rides anywhere in the nation. This summer is no exception with the introduction of "Time Warp" the world's largest family bowl ride.

The ticket cost is only \$26 each at the ITT Office.

ITT Office Amtrak Services!

Commemorative Bricks Etch your name in Great Lakes' history by purchasing a Commemorative Brick, available through the ITT Office. Bricks will be placed around the walkway to graduation at the Recruit Training Command. For more details, and/or to fill out an order form, stop by the ITT Office today!

Welcome Lodging offers discount rates

Welcome Lodging of Waukegan is offering extra low rates for all base personnel-starting at \$49.99/night, which includes their fabulous breakfast bar. Quality rooms may be enjoyed at a great price and located just three miles north of the base at 619 S. Green Bay Rd.

Call (847) 662-3200 for reservations today! Use code *NVGL* when booking your reservations. www.welcomelodging.com.

Special military rates downtown

Chicago Holiday Inn Hotel & Suites Chicago Downtown Now serving Great Lakes with discounted rates from \$89/Night (King or 2 Double beds) Located on Harrison St. at Canal St., 4 blocks south of the METRA Kenosha North Line stop and 2 blocks from Amtrak/Union Station, Greyhound Terminal, and Scarlett's.

Hotel features an outdoor rooftop pool & deck and Aurelio's Pizza and lounge.

Sears Tower, Greek Town, Grant Park, the Museum Campus, and the Lakefront are all minutes away.

Clinton "L" stop of the CTA Blue Line is located at the base of the hotel.

Offer subject to availability. Stop by the ITT Office for additional information or visit www.hidowntown.com.

For advance reservations, call (312) 957-9100 and ask for the NAVY rate.

Laugh a lot at ComedySportz

Finally, a fun, fast-paced comedy show that's great for the whole family. It's ComedySportz, improvisational comedy played as a sport by members of the World Comedy League. Two teams battle for laughs and points as they make up scenes, games and songs on the spot. The audience votes for the winners, a referee calls the fouls and they even play the national anthem before each match. Get your tickets today at ITT for only \$15.

ITT is now selling Spirit of Chicago Harbor Cruises!

Enjoy either a dinner or a lunch cruise with a grand buffet, dancing, Broadway music and the sights of

★ ROSS ★ THEATER

Movies: \$2-Adult (Military or DOD)
\$1-Child (ages 6-11), Free-Under age 6
Ross Theater is located in Bldg. 110 and is open to everyone. Children 17 years of age and under trying to gain access to a "R-Rated" movie must be accompanied by an adult.

GREAT MOVIES AT A GREAT PRICE!

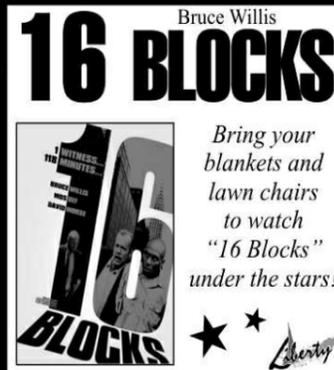
Fri., July 21
6 p.m.



PG 13~For intense sequences of action violence, some sexual content and language. (103 Min.)

Fri., July 21
Starts at Dusk

★ FREE Outdoor Movie on Ross Field! ★



PG 13~For violence, intense sequences of action, and some strong language. (101 Min.)

★ Concessions will be available in Ross Theater for purchase. If inclement weather should occur, the movie will be shown in Ross Theater. ★

Sat., July 22
6 p.m.



PG~For some language and a disturbing image. (98 Min.)

Sat., July 22
8:30 p.m.



PG 13~For sexual content, some nudity and language. (106 Min.)

Sun., July 23
3:30 p.m.



G~Action/Adventure, Comedy, Kids/Family and Animation. (114 Min.)

Sun., July 23
6 p.m.



PG~For some language and a disturbing image. (98 Min.)

The movie schedule is subject to change without notice.

For up-to-date information, call the MWR Scoop Line at 688-2110, ext. 697,

24 hours-a-day or check the web site at www.mwrgl.com

Places to dine • Places to go

Pub 140 Staff Lounge, Bldg. 140, 688-6946

Pub 140 offers a "Grill Your Own" menu: steaks, hamburgers, salmon and chicken breasts. Come and enjoy the beautiful Lake Michigan view, and pleasant atmosphere. Play Instant Win Bingo for cash prizes in Pub 140.

PUB 140's hours of operation are Wed.-Fri., 4-9 p.m. PUB 140 is open to all staff members and is located in the Port O' Call in Bldg. 140. Pub 140 has a wide screen TV. For more information, call 688-6946.



Chaplain's Corner

Who's 'calling the shots' in your life?

By LT. DEREK P. SCHULTZ
CHC, USN

We see them almost every day - images of our brothers and sisters-in-arms, fellow military personnel, serving on foreign soil, fighting in the War on Terrorism far from home. They have given up soccer games with their kids, their comfortable beds, even watching their small children grow up, so that people whom they do not know could have peace and freedom, and the ones that they love so much might not have to live in fear.

Do you think that many of our fellow Sailors listed "fight and spend months at a time in the Middle East" in their top 100 things-to-do-list in their lives? Consider their dreams of families, jobs, houses - years of dreams of what they wanted in their lives. Yet, when what they wanted collided with what was needed and asked of them, they put aside their own lists and dreams. They chose to serve the good of all instead of the good of their own self. That is sacrifice.

Sacrifice, at its very core, means giving up something you want in order to give someone else something they want. The greatest sacrifice that we can give of our lives is our control of it. In essence, that is what the Apostle Paul challenges us to do in Romans 12:1-2. "I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is



Lt. Derek P. Schultz

good and acceptable and perfect."

In view of the kindness Christ has shown us (especially His sacrifice), Paul urges us to give up control of what we do (12:1) and the way we think (12:2), letting God 'call the shots' on those things in our life rather than us. Finally, at the end of 12:2, Paul tells us what the result of that sacrifice will be - and as it turns out, it's better than we could ever hope for! In other words, when we sacrifice control of our own lives to Him, we find out that God's control brings us better things than we could ever have dared hope to dream for ourselves. So, who's 'calling the shots' in your life?



Hamming it up!

Simeulue Island, Indonesia - HMC Thomas Twigg poses for a photo opportunity with local children a Medical and Dental Civic Action Project (MEDEN-CAP), while the ship provides humanitarian and civic assistance to distribute Project Handclasp items during the ship's humanitarian assistance visit. The Mercy is in the third month of a scheduled five-month deployment to host nations in the Pacific Islands, and South and Southeast Asia. U.S. Navy photo by MC2 Timothy F. Sosa

'United Through Reading' program at select USO centers worldwide helps troops stay connected to their children

ARLINGTON, Va. - The USO and the Family Literacy Foundation are proud to announce the launch of the United Through Reading® program at select USO centers worldwide. This program helps deployed service men and women and the children in their lives stay connected through the medium of reading aloud on video. United Through Reading was created by the Family Literacy Foundation more than 16 years ago, and the USO initiated a pilot program at USO centers last year. The USO's success prompted an expansion to 41 USO centers in the United States and overseas.

"The demands on service men and women can make staying connected to the children in their lives a challenge," said Edward A. Powell, USO president and CEO. "The United Through Reading program is an excellent way to strengthen the bond between service members and their children, while promoting the joy of reading."

Betty Mohlenbrock, founder and president of the Family Literacy Foundation, states: "We are excited to partner with the USO to offer the United Through Reading program in USO centers worldwide. We want all children to feel the security of car-

ing adult relationships and develop a love of reading through the 'reading aloud' experience."

To participate in the program, troops can visit participating USO centers to be taped reading a children's book. A copy of the book, DVD and instructions, as well as information on United Through Reading, are mailed to the child and family back home. The USO supplies recording equipment, books and packaging materials. The parent or caregiver at home is encouraged to share the child's excitement by photographing or videotaping the child as the child is watching the DVD and following along with the book. The photograph or DVD can then be sent to the deployed family member, boosting the morale of the entire family and enhancing the feeling of connectedness.

The USO also is encouraging the public to participate in the program by contacting a participating USO center to help with book donation drives, and assist with outreach and fundraising activities. For more information on the United Through Reading program and a list of participating USO centers, visit www.uso.org/UnitedThroughReading.

Worship today in the faith of your choice

Command Religious Program Schedule

Catholic

- Sun., 9 a.m. Sunday MassBluejacket Memorial Chapel
- Sun., 10:30 a.m. Sunday MassNaval Hospital All Faiths Chapel
- Sun., Noon Sunday MassForrestal Village Chapel
- Mon.-Fri., 11:45 a.m. Weekday MassBluejacket Memorial Chapel
- Sun., 10:30-11:30 a.m. CCDBldg. 122
- Sun, 10:30 a.m. Catholics Seeking ChristBluejacket Memorial Chapel

Protestant

- Wed., Noon Praise, Word and WorshipNaval Hospital All Faiths Chapel
- Sun., 10:30 a.m. Contemporary WorshipBluejacket Memorial Chapel
- Sun., 10 a.m. Family Worship ServiceForrestal Village Chapel

Church of Jesus Christ of Latter Day Saints

- Sun., 1:30 p.m.Naval Hospital All Faiths Chapel

Liturgical Protestant

- Sun., 12:15 a.m., Holy EucharistBluejacket Memorial Chapel
- Anglican priests Chaplains Allen (at Forrestal) and Ray (at Bluejackets), will co-lead this service. Worship follows the forms of the Book of Common Prayer and should be familiar to most Christians of a liturgical background. Holy Communion is open to all baptized Christians who seek and recognize the presence of Christ in the Eucharist.

Great Lakes chaplains are happy to help you find a place of worship according to your tradition and needs.

Chapels

- Bluejacket Memorial Chapel - Bldg. 3, NTC
- Forrestal Village Chapel - Bldg. 2630, Ohio St., Forrestal Village
- Naval Hospital All Faiths Chapel, Wing 2 South
- For More Information about any of the services or events listed in this schedule, call 688-5610

SportScene

Captain Cup

Captain Cup Softball (As of July 15)

Captain Cup Champions Playoffs
Playoffs began July 6 and continues through 18.

13 July 06

F-1 Naval Hospital was eliminated in a Lost to, Essex
F-1 CNE Eliminated ATT
F-1 CNE Eliminated Essex
F-2 SN ATD (4-8) Eliminated MMSO (0-11)
F-2 PSD (3-9) Eliminated Scrubs (2-10)
F-2 SN ATD(4-8) Eliminated USS Mustin (5-7)

18 July 06

F-1 Gundeckers, vs. RTC at 5:30 p.m.
F-2 Farragut(5-7) vs. PSD at 6:40 p.m.
F-1 CNE vs. NAVSTA/RTC at 7:50 p.m.

20 July 06

F-1 1730, SN ATD vs. PSD/Farragut Toilet Bowl Championship Game at 5:30 p.m.
F-1 1840, Captain's Cup Championship Game NAVSTA/RTC vs. winner of Game 11 at 6:40 p.m.
F-1 1950, Replay Championship if first loss for team at 7:50 p.m.

Eliminated from championship play

Marines
ATT (8-4)
Essex (11-1)
Naval Hospital (6-6)

Eliminated from Toilet Bowl play

USS Mustin (5-7)

Scrubs (2-10)
MMSO (0-11)
USS Tranquility (Hosp) 1-2#
#combined with Naval Hospital

Intramural Summer Basketball (As of 15 July 06)

Team	Standings
RTC	5-0
CNE	5-2
Dental Bldg 1014	4-2
Cole Alpha	4-2
Cole Charlie	2-3
Army	2-4
Cole Bravo	1-5
Essex	0-6

Captain Cup Points after three events (Flag Football, Basketball, Volleyball)

Command	Points
RTC	65
ATT	35
TSC	30
Naval Hosp.	17
TPU	15
CNE	10
Army	5
NRC	5
Marines	5
NAVFAC	5
PSD	5
Navy Security	5
BEQ 832	5

North Chicago youth football mini-camp and regular season begins

The North Chicago Foss Park District (<http://www.fosspark-district.org>) is offering a four-day football non-contact mini-camp for children in grades 1-8 on Wednesday to Friday, July 26 -28 from 5:30 p.m. to 8:00 p.m. and Saturday, July 29 from 9:00 a.m. to noon.

All instructors are ASEP certified high school and youth football coaches. The camp provides a solid introduction and instruction in fundamental and advanced football skills, techniques, and exercises. The goal of the mini-camp is to produce better football players and develop integrity in sportsmanship, leadership, and citizenship. Fee for the mini-camp is \$10 that includes a camp football T-shirt. Each participant should bring football shoes, socks, and shorts.

Football season registration

The North Chicago Foss Park District begins its 32nd season of youth football for children (aged 6-14) on Tuesday, Aug. 1 at the Foss Park Community Center, 1730 Lewis Avenue in North Chicago.

Practices are scheduled Monday through Friday from 4:30 p.m. to 6:30 p.m. until school begins at which time practices will be scaled back to four days and later start times for success in school.

The North Chicago Flames Football teams have a long history of success, fun, and team discipline. Safety, fun, and winning are the priorities in this program that has seen championships as a part of each of the 32 years.

Navy personnel have contributed to the success of our program by volunteering to coach as assistant coaches and

head coaches.

Over the years many Naval personnel have had their children participate and have returned each year as their development, enthusiasm, and success increased. The NC Flames are members in the Junior Football League of Northern Illinois, www.jflni.org, an eight member league of full contact traveling youth football teams in Lake County. There are five levels that a child may play on, contingent on their age and weight:

- Bantam, ages 6, 7, 8.
- PeeWee, ages 9, 10.
- Featherweight, ages 11, 12.
- Lightweight, ages 13, 14 (contingent on weight).
- Heavyweight, ages 13,14 (contingent on weight).

If you are interested in your child participating in this full contact youth football league bring your child or children to the Foss Park Community Center in North Chicago. There is a \$150 registration fee required at sign-up. A physical and a copy of their birth certificate will also be needed at time of registration. The \$150 covers football equipment (helmet, shoulder pads, thigh pads, hip pads, and knee pads), practice jersey and pants, mouthguard, and a game jersey (with name on back, player keeps after season) and pants.

All interested parties should be at the Foss Park Center no later than 4:15 p.m. starting Tuesday, Aug. 1.

For more information call: Mike Wade, superintendent of recreation at (847) 689-7480 ext. 220.

The Web site is <http://www.fosspark-district.org/football.htm>.

Charter fishing trips available at special rate

The Great Lakes Marina is offering charter fishing trips at a special price!

All you have to do is stop by the Marina before the date show below and sign up; then just show up on your scheduled date.

These special charter trips usually go for \$360, but the Marina has broken down the price so you do not have to find five other friends to help split the bill.

Each Special Charter Fishing Trip comes with a certified boat Captain and fishing gear, all you need to bring is yourself and a

fishing license. The cost per person is \$60 for military and \$65 for civilian. Any questions or further information call or visit the Great Lakes Marina at (847) 688-5417. Seats will fill quickly!

The dates are:

July 23, 6 a.m. - 11a.m.

July 28, 1 p.m. - 6 p.m.

Aug. 2, 6 a.m. - 11 a.m.

Aug. 5, 6 a.m. - 11 a.m.

Aug. 9, 6 a.m. - 11 a.m.

Aug. 11, 6 a.m. - 11 a.m.



Globetrotters visit Pearl Harbor

Harlem Globetrotters 2006 team members view the names of Sailors and Marines killed during the attack on Pearl Harbor at the USS Arizona Memorial during a visit to Naval Station Pearl Harbor. Since playing their first game in 1927, the Harlem Globetrotters have traveled worldwide entertaining and amazing basketball fans. The Globetrotters are currently at Pearl Harbor to perform an exhibition basketball game and provide a youth basketball camp for military and Department of Defense (DoD) children. *U.S. Navy photo by MC1 James E. Foehl*

Golf at beautiful Willow Glen this summer!

The Willow Glen Golf Club at Great Lakes offers 18 championship holes of golf for all eligible MWR customers and their guests. The course is located on Buckley Road, just east of Rt. 41. Willow Glen also features a driving range complete with target greens and a well-maintained grass teeing area. A large practice green also offers golfers the chance to work on their putting.

Willow Glen is the perfect place to host your 2006 golf outings with eighteen holes of golf combined with delicious food and beverages from Duffer's Den, the course restaurant and lounge. Contact the Pro Shop for available dates and information at 688-4593.

Private Golf Lessons Available

Private golf lessons are available on an appointment basis for those wishing to learn the game, or for those that need that little bit of "fine-tuning". Interested students should contact Tom Baness, Willow Glen's golf instructor, at 688-4593. One hour and half hour appointments are available throughout the season.

Club Championship slated for August 12-13

The Willow Glen Club Championship, a 36-hole individual stroke play event, will be



Willow Glen

held on August 12-13 at the Willow Glen Golf Club. Players will be flighted based on current USGA handicaps. Prizes will be awarded in each flight for low net scores. Entry fees will be \$25, plus applicable green fees. Registration must be paid a least one week prior to the event. For more information, contact the Pro Shop.

Duffer's Den for Lunch

Duffer's Den, the clubhouse restaurant overlooking the Willow Glen golf course, is a great place to relax and enjoy a delicious meal for lunch.

Lunch is served from Monday-Friday, 11 a.m.-2 p.m. A wide array of hot and cold sandwiches are offered. Let the Duffer's staff take care of your next office luncheon. Parties of eight or more are strongly encouraged to call ahead to reserve a table. Don't have time to sit and eat, get it "To Go". For more information, call 688-2637.

CDs give insight into historic ancient Greek battles

By LT. CMDR. YOUSSEF H. ABOUL-ENEIN
MSC, USN

Wars that made the Western World: The Persian Wars, the Peloponnesian War, and the Punic Wars. Lectures by Kenyon College Professor Timothy B. Stutt. 14 lectures in 7 CDs published by Recorded Books 270 Skipjack Road Prince Frederick, Maryland 20678. Part of the Modern Scholar Series. 2004.

As one rises in their military career, you find the true professionals drawn by a constant need to explore the profession of arms. This takes years of reading, reflection, real-world tactical experience and above all constant education. A military professional does not stop their education when they attain a diploma, but undergoes a life-long search for knowledge on the meaning, uses and applications of instruments of national power.

In the autobiography of retired Marine General Anthony Zinni, we see him describing himself as a connoisseur of irregular warfare and combat tactics. One way to acquire professional military knowledge is to read great works on warfare, strategy and national policy. Another way is to check-out books and lectures on CD. As a staff officer at the Pentagon, I face a two and a half hour commute daily, and I do not let this time go to waste. I pop in lectures and books that enhance my understanding of the past and the present world and its conflicts.

Recorded Books produces the Modern Scholar Series that brings together top college level educators and their lectures on politics, philosophy and the subject of this review, the wars of antiquity that defined western civilization. I highly recommend Professor Stutt's Wars That Made the Western World. Each CD set comes with a booklet that guides you through each lec-

ture you will listen to and aids by providing a great list of books and websites to enhance your learning experience.

The major wars that defined the course of western history begins in 499 B.C., when Ionian Greek subjects of the Persian Emperor Darius revolted to partake of the Athenian experiment in democracy. The Athenians supported the Ionians and therefore incurred the wrath of the mightiest empire of early antiquity, the Persian Empire. Their first major war was in the plains of Marathon, outnumbered two to one; the Persians landed an infantry force at Marathon. Miltiades, the Athenian commander, sent a runner Pheidippides over 140 miles each way to warn the Spartans of the impending attack. The Spartans celebrating a festival told the runner they would come to the aid of Athens after their religious observance.

Miltiades arrayed his Athenian hoplites (heavy-infantry warriors) instead of in phalanx (formations of eight men deep across the line,) he made it four deep in the center and eight deep in the flanks, allowing the Persians to focus and bow into the weaker Athenian ranks, enveloping the Persians by closing stronger flanks. The Persians took their remaining force and sailed around the Peloponnese towards Athens. Miltiades had to engage the Persians in Marathon win the battle

there and then march his hoplites to Athens which they accomplished and thereby shocking the Persian expedition.

In 480 B.C., the Battle of Thermopylae saw Xerxes I amassing tens of thousands of troops, and a massive fleet, and here we see the Spartans hold off a massive force at Thermopylae with Leonidis and 300 Homoioi perishing but inflicting massive casualties on the Persian force. We also see the Persians employing bribery to get a Greek traitor Ephialtes to lead the force through a pass and surround the Spartans. The final significant battle of the Greek and Persian Wars was in the narrow Isthmus of Salamis.



Weather and the tactical insight of Themistocles brought a Persian fleet of 500 ships to fight in a narrow isthmus with the effective fighting force of only 50 warships at a time and no room to maneuver. Themistocles evened the odds using naval tactics. Listeners will learn how he would end his life as a Persian official, due to the petty jealousies of Greek commanders and political leaders.

Perhaps the most valuable lesson of the Peloponnesian War (431-404 B.C.) is how Athens would overreach in terms of power projection and alienate members of the Delian League. Eventually rising to the pinnacle of power and falling because the Spartans had capitalized on Athenian tyranny against other members of its league. We meet colorful characters like the competent commander Alcibiades whose defections and exploits read like a novel and you begin understand that quantity does not mean quality. The massive Persian fleet was officered and sailed by Ionian Greeks and Phoenicians who were considered slaves of the Persians. It brings to mind the question of how free men fight versus those enslaved.

The final five lectures are on the three Punic Wars between Rome and Carthage (modern day Tunisia) between 264 and 146 B.C. It is impossible to understand the development of the Roman character and in particular its military evolution without studying perhaps Rome's most challenging adversary Hannibal. The Carthaginian Hannibal is considered, if not the greatest general, then at least in the top three in his-

tory. Professor Stutt highlights how Hannibal acquired the respect of his troops by fighting with them from the age of nine; he really knew his men and was among the few generals who fought in hand to hand battle alongside his troops.

Hannibal conducted two major battles; at Lake Trasimene and then at Cannae. The latter battle, Cannae, inspired the German General Staff to base its envelopment of French forces in World War I and II over the obsession because of Hannibal's perfect envelopment and destruction of 70,000 Romans in one day. Hannibal caused the Roman Senator Cato the Elder to exclaim after every speech on the floor of the Senate no matter what the topic with "Carthago Delinda Est!" and "Carthage Must be Destroyed!"

As you listen keep in mind the central theme of what would the world be like had Persia triumphed over Greece? Had Athens remained ascendant and democratic? Had Carthage triumphed over Rome and pressed the attack on the city after Cannae, as Hannibal's advisor Marubal urged? This CD is time well spent and will prepare you for such courses as the Naval War College's Strategy and Policy Course in which officers debate the Peloponnesian War as they strive to earn their diploma in Command and Staff.

Editor's Note: LCDR Aboul-Enein is a Middle East Advisor at the Office of the Secretary of Defense for International Security Affairs who visited the ruins of Carthage in 2003 while on liberty in Tunisia.

Navy Band Great Lakes to be featured at Lake Forest Days

The Lake Forest American Legion will host the 98th "Celebration of Lake Forest Day" on Aug. 1 with a carnival in West Park from 6 to 10 p.m. Children can ride all evening with the purchase of one-ride bracelet.

Wednesday Aug. 2, kicks off with the Celebration of Lake Forest Day parade that begins at 10 a.m. at the intersection

of Western Ave. and Westminster and finishes at West Park. Navy Band Great Lakes will be a featured performer.

The carnival continues from 10 a.m. to 11 p.m. and includes a food tent, rides, bingo and a raffle drawing.

Proceeds from the event raises funds for veteran groups and local youth activities



Your "Home Away From Home"

For current program info see Web site:

www.uso.org/Illinois

Your USO Great Lakes "Home Away From Home" Has So Much to Offer!

Six computers with Internet, printers and fax (\$1 per hr)

A library with books and magazines you can take with you! FREE

Quiet study rooms large enough for groups.

Big screen movie rooms with all the latest movies. FREE!

Four Pool tables FREE!

A Music Room with guitars, drum set, keyboard and amps. FREE!

Art Room loaded with art supplies. FREE!

Play station 2, N-64 and X-Box with all the latest games. FREE!

NO DOUGH DINNER/KARAOKE! We feed you the night before payday!

Don't forget "No-Dough" dinner the night before each payday at 5:30 p.m.

NAVY PIER TICKET INFORMATION

The Standard I-Max tickets: Regular price \$10.50. USO Price is \$5.

Standard tickets cover the 50-minute, 3-D movie.

Tickets are available for purchase at the Navy Pier USO.

The Premier I-Max Tickets: Regular price \$14.50. USO Price is \$8.

Premier tickets cover full-length movies and are available for purchase at the Navy Pier USO.

The 3-D Thrill Ride offers discounts when presenting a military ID.

The Sea Dog offers discounts when presenting a military ID.

The Shoreline Water taxi is free for military in uniform.

The Tall Ship Windy offers free rides to military in Uniform.

For information on all USO, special events go to www.uso.org/Illinois and click on link to Special Events or the link for the Calendar of Events. The Great Lakes USO is Located in Building 27 on the Great Lakes Naval Station near the Front Gate. The hours of operation for center usage are Monday-Friday 1500-2100 and Saturday and Sunday 1100-2100. The USO is open Monday - Friday from 0800-1500 for outreach programs, ticket programs, and general assistance. For any questions or comments, call (847) 688-5591. Serving Our Troops Since 1941: The mission of the Corporation is to enhance the quality of life of the U.S. Armed Forces personnel and their families and to create a cooperative relationship between U.S. military communities and involved or supporting civilian communities.



Leaving Lebanon

Beirut, Lebanon - U.S. citizens don air crew cranials and ear protection while preparing to depart Beirut, Lebanon in a U.S. Marine Corps CH-53E Super Stallion helicopter, assigned to the "Blue Knights" of Marine Medium Helicopter Squadron Three Six Five (HMM-365). At the request of the U.S. Ambassador to Lebanon and at the direction of the Secretary of Defense, the United States Central Command and the 24th Marine Expeditionary Unit (24 MEU) are assisting with the departure of U.S. citizens from Lebanon. U.S. Marine Corps Photo by Gunnery Sgt. James H. Frank

USS Chicago dedicated at Camp John Paul Jones

A

By Judy Lazarus

A new state-of-the-arts barracks was dedicated at Recruit Training Command Great Lakes on July 14. The USS Chicago (SSN 721) is the ninth barracks in the RTC recapitalization plan and the fourth Navy ship to be named after the City of Chicago.

"It is truly an honor to welcome you to RTC, the quarterdeck of the Navy," Capt. Richard Postera, commanding officer, Naval Station Great Lakes, told those attending the ceremony.

Guest speaker Alderman Edward Burke, dean of the Chicago City Council, expressed appreciation "for the invitation to speak at the Navy's premiere training command. The bonds between the Navy and the City of Chicago are no accident," he said. "They arise out of our sense of history and strategic location.

"This is a noble vessel bearing a noble name," Burke declared. "Wherever she sails, the hearts and souls of millions of proud Chicagoans and Americans go. May all who train here and reside here excel in defense of our nation. May all who serve here know of our pride in their sacrifice."

A proclamation, adopted by the City Council of Chicago, was presented by Burke at the reception following the ceremony.

Cmdr. Antonio Edmonds, executive officer, Naval Facilities Engineering Command Midwest, noted that ground was broken on the land four years ago.

"A lot has been accomplished since that time," he said. "There has not been a single day of delay. The USS Arizona was finished on schedule and the next five were ahead of schedule."

The executive officer explained that the original estimate for the seven barracks (referred to as "ships") at Camp John Paul Jones was \$250 million but the final price was \$234 million. "That's more than a 16-million-dollar savings to the taxpayers," he said.

Architect/engineer for the barracks project was MW-Zander and prime contractor was Clark/Blinderman/Knight, LLC.

"We are all proud to be playing a part in the dedication of this building," said David Blinderman, vice president of Blinderman Construction.



The USS Chicago (SSN-721)'s original commissioning certificate and ship's artwork adorn a table at Recruit Training Command's newest and final Camp John Paul Jones barracks, the USS Chicago. The items were donated to the barracks by the submarine's commissioning commanding officer, who attended last Friday's ceremony.

Representing the 721 Club, whose mission is to continue to honor and support the crew of the USS Chicago, the group's president Camilla Ross, noted, "It was an honor for me to be included in this program. The club, formed from the commissioning committee, has been instrumental in the support of the ship.

"It was at the club's request the City Council of Chicago made a proclamation, not only for this dedication near the 20th anniversary of the ship but for the 10th anniversary as well," she said. "We were delighted that Alderman Edward Burke, Dean of Chicago City Council, was key speaker for the dedication, which clearly demonstrated support of the ship by the city.

During the ceremony, Lt. John Genta, assistant engineer of the USS Chicago, and four members of the crew presented a plaque to RTC. A plaque was presented to the USS Chicago by Capt. Annie Andrews, commanding officer, RTC.

The USS Chicago is the final of seven new barracks located at Camp John Paul Jones, each of which includes berthing, classrooms, learning resource centers, galley and a quarterdeck.



The legacy of the USS Chicago was commemorated at last Friday's commissioning ceremony of RTC's newest barracks of the same name. That legacy will be instilled and continued in the lives and careers of the Navy's newest Sailors for decades to come.



Members of the USS Chicago (SSN-721)'s crew were on hand Friday to present a plaque and ship's memorabilia to the barracks named for their boat at its commissioning ceremony. The USS Chicago is the last of seven new barracks to be constructed as part of Recruit Training Command's recapitalization project, completed well ahead of schedule and under-budget.



Alderman Burke, Camilla Ross, president of the 721 Club, and Rear Adm. Gary R. Jones, Commander, NSTC/NRMW, cut the ribbon at the USS Chicago's commissioning ceremony last Friday at Recruit Training Command, officially opening the barracks and dedicating it to service. The barracks is the final addition to Camp John Paul Jones, the largest and most significant portion of RTC's recapitalization project. The seven new barracks feature their own galleys, medical facilities, and both traditional and computerized classrooms. *All photos By FC2(SW) Jason J. Mosher*



Recruit Training Command's commanding officer, Capt. Annie Andrews, presents a plaque to Lt. John Genta, assistant engineer of the USS Chicago (SSN-721) in appreciation of the boat's support of the construction of the final barracks of Camp John Paul Jones.



Recruits stand by to bring their ship to life beneath the USS Chicago's standard as they await the commencement of their ship's commissioning ceremony last Friday.



Alderman Edward Burke, dean of the Chicago City Council addresses those in attendance at the USS Chicago's commissioning ceremony last Friday. He spoke of Chicago's ties to the Navy that make it appropriate to name the barracks after the "Windy City."